

## Maple Syrup Production and Recipes

The Buffalo WNY maple production season usually varies from mid/late February to the 1<sup>st</sup> week of March. The maple season always depends on the weather. The sap flow may start & stop for several days with the warm and cold variations of the season.

At our Bureau Of Forestry in East Concord, our Maple trees are not tapped until they are at least 40 yrs old or a foot in diameter. The maple sap travels over 1 mile through flexible plastic lines with the help of a vacuum pump. There are several filtering phases to maintain cleanliness and purity of the maple sap. Also, the sap undergoes ultra violet light to kill any remaining bacteria.

Depending on the sugar content of the sap, it takes about 40 gallons of maple sap boiled down in a device called an evaporator to produce one gallon of maple syrup. Our Forestry has one of the largest evaporators in New York State. To utilize all of our resources, the sap is pump into the flat pans of the evaporator and the wood is burned as fuel to boil down the maple sap. It may take approximately one cord of wood to make 10 gallons of syrup.

### Grades of Maple Syrup

Pure maple syrup must meet New York State grading standards and is based on both color and flavor. New York Grade A maple syrup is classified according to its color.

The grades are:

- ❖ **New York Grade A Light Amber** – mild and delicate flavor
- ❖ **New York Grade A Medium Amber**- darker in color and a fuller flavor.
- ❖ **New York Grade A Dark Amber**- the darkest of the three grades and the strongest maple flavor.
- ❖ **New York State Extra Dark**- sometimes called cooking syrup. It is made late in the season and has a slightly caramel flavor.

Best of all, 100% maple syrup is fat and cholesterol free, low in sodium and high in potassium...

## Recipes

### Maple Hints:

- Maple cream/maple butter is maple syrup that has been boiled down further to remove more moisture. It is then cooled and stirred to give it a creamy texture.
- Maple icing is made by bringing 1 cup of maple syrup to a brisk boil. Two egg whites are beaten until stiff. Add the syrup gradually while continuing to beat. Cool and spread on cake.
- 1 cup of sugar =  $\frac{3}{4}$  cup of maple syrup

Maple Syrup Pancakes:  $\frac{3}{4}$  cups sifted flour  
1  $\frac{1}{4}$  cups milk  
1  $\frac{1}{2}$  tbsp melted butter  
 $\frac{1}{2}$  tbsp maple syrup  
1 egg yolk & 1 whole egg (beaten)  
 $\frac{1}{2}$  tsp salt

In large bowl, combined flour and salt. Make a well in the center and add beaten eggs, milk, butter and maple syrup. Stirring until smooth. Let stand for 15 minutes prior to pouring on skillet. Finally add maple syrup.

New York Maple Baked Beans: 1 lb dried beans  
 $\frac{1}{2}$  medium size onion chopped  
 $\frac{1}{2}$  cup maple syrup  
1 tsp dry mustard  
1 tsp salt  
2 slices of bacon

Wash, sort and soak beans overnight. In morning, rinse beans & boil with enough new water to cover beans. Boil until skins are wrinkled. Add remaining ingredients and bake 3 to 6 hrs covered at 325°. Check periodically, and add more water if needed. Uncover bean pot or casserole dish during last  $\frac{1}{2}$  hour of baking.

Maple Barbeque Sauce:  $\frac{1}{2}$  cup maple syrup

2 tbsp lemon juice  
1 crushed garlic clove  
½ cup of catsup  
2 tbsp soy sauce  
3 tbsp margarine  
Simmer sauce for 10 minutes while stirring.

Boil chicken breasts or ribs for 30 minutes> less for wings or drumsticks.  
Brush or baste with maple barbeque sauce. Grill, barbeque or oven bake,  
turning occasionally, until done.

Maple Apple Crumble: 1 ½ cups graham cracker crumbs  
4 large tart apples (thinly sliced)  
½ cup butter  
½ cup maple syrup  
½ tsp. cinnamon

Soften butter. Mix crumbs, butter and cinnamon together. In a greased  
casserole dish, placed sliced apples on bottom. Pour maple syrup over apples  
and top with cracker crumbs. Bake at 325° for 30 minutes. Serve warm with  
your favorite ice cream.

New York Maple Milk Shake: 2 tbsp. maple syrup  
1-cup milk  
1 scoop of French vanilla ice cream

Place all ingredients in a blender. Blend until smooth. Enjoy.